

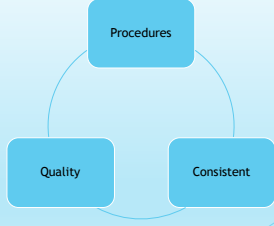

 **Small Victories**

Standardized Recipes





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Standardized -What does it mean?

What are the Benefits of Standardized Recipes?

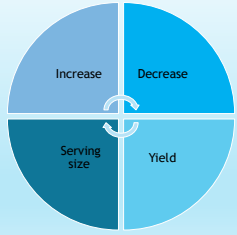




Standardized Recipe Components

- Recipe Title
- Recipe Category
- Ingredients
- Weight/Volume
- Preparation Instructions
- Cooking temperature / time
- Pan Size
- Serving Size
- Yield




What do you want to do?





What does all this mean?


Convert



Divide



Multiply



Standardized Recipe Adjustment



Factor Method

- Use for any recipe
- Math skills required
- Use for any yield
- Final recipe - Any number of servings



Recipe Adjustment Factor Method



$$\text{Desired yield} \div \text{Current yield} = \text{Factor}$$



Recipe Adjustment - Increase



Lemon Juice

Original recipe calls for ½ cup for 100

Servings needed 250

$$250 \div 100 = 2.5$$

$$0.5 (1/2 \text{ cup}) \times 2.5 (\text{factor}) = 1.25 \text{ cups of lemon juice}$$



Recipe Adjustment - Decrease



Lemon Juice

Original recipe calls for ½ cup for 100

Servings needed 50

$$50 \div 100 = 0.5$$

$$0.5 (1/2 \text{ cup}) \times 0.5 (\text{factor}) = .25 (1/4 \text{ cup}) \text{ cups of lemon juice}$$



Non Standardized Recipes



Did I get a ½ cup (fruit or vegetable)?

How big is this portion?



Meat Sauce Recipe

- ▶ Tomato Sauce
- ▶ Onions
- ▶ **Ground beef-raw (85/15)**
- ▶ Parsley
- ▶ Black Pepper
- ▶ Combine all ingredients and heat to a minimum of 165 degrees



Meat Sauce Recipe

Lets practice

▶ Planned servings 154

▶ Grade 9-12

▶ **2.0 oz.- M/MA required**

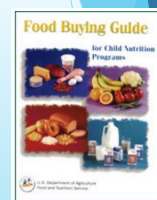
Ingredient: **Ground beef-raw**



Food Buying Guide

Helps menu planners determine:

- ▶ How much to buy, thaw and prepare
- ▶ How foods credit



Section 1-Meat/Meat Alternates

1. Food As Purchased, AP	2. Purchase Unit	3. Servings Per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
Beef, Ground, fresh or frozen ^{7,8} no more than 15% fat (Like IMPS #136)	Pound	12.00	1 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked, drained lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.5	

How much beef is needed?

154 servings x 2.0 oz. eq per serving = 308 oz. eq total cooked

308 oz eq cooked ÷ by 0.75 = 410.66 oz raw cooked beef (FBG)

410.66 oz ÷ by 16 oz/lb = 25.66 lbs. (raw ground beef)

Round up



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How much beef is needed?


12.00 ÷ by 2 (oz. raw cooked beef) = 6.00 servings per purchase

154 servings ÷ 6.00 = 25.66

Round up




Calculating Yield



What method ?

- Volume
- Weight



Flour Exercise




Volunteers



Flour

What you need to know!



Weight

- Heaviness
- Several forms


Volume

- Space
- Several forms

Yield


- Amount
- Final product

Let's try Volume



- ▶ Step one- Calculate yield by Volume:
 - ▶ Measure by cup, quart or gallon
 - Keep track
- ▶ Step two-Convert
 - Gallons to cups
 - Ex. 3.6 gallons X 16 = 57.6 cups
 - Cups to gallons
 - 57.6 cups divided by 16 = 3.6 gallons
- Step Three-Determine Scoop size
 - Total Yield in cups ÷ by total number of servings = one per serving
 - Ex. 57.6 cups divided by 154 servings= 0.37 cups
 - Round up to the nearest 1/8 cup3/8 cup (#10 scoop)

Let's try Weight



Step one- Calculate yield by **Weight**:

- Weight total on scale
- Remember to tare

Step two- turn your **pounds** into **ounces**

- 35 pounds ÷ by 0.0625 (1 oz.) = 560 oz.

Divide by the number of servings

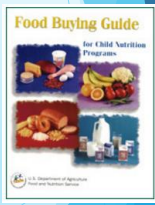
Ex. 560 oz. ÷ by 154 servings = 3.63 ounces per serving

Same as a #10 scoop (3/8 cup)

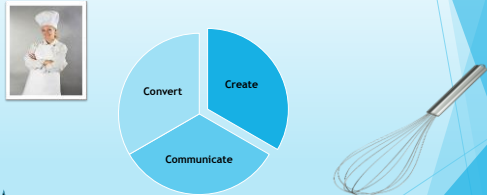
Crediting with the Food Buying Guide

Helps menu planners determine:

- ▶ How much to buy, thaw and prepare
- ▶ How foods credit



Let's get to work!



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